

Welcome pp.4-9		Vocabulary	Grammar	Speaking	Listening	Reading	Writing	Global skills
1	My social media world pp.10-20	▶ Personality adjectives (1) ▶ Feelings	▶ Present tense review: simple and progressive forms ▶ Adverbs of frequency ▶ Present perfect tense review: simple and progressive forms	▶ Ask follow up questions and show interest Skill focus: Uses of <i>like</i>	▶ Understand a podcast about movies and film-making Skill focus: Identify the relevant part of a listening text	▶ Understand an article about the pros and cons of A.I. Skill focus: Use visuals and headings to understand gist	▶ Write an article about the pros and cons of a topic Skill focus: Check your writing for accuracy	▶ Understand how different groups experience technology
2	Journeys of discovery pp.22-32	▶ Vacations ▶ Travel collocations	▶ <i>used to, would</i> and simple past ▶ Verb and noun formations ▶ Past tenses review: simple, progressive, and perfect forms	▶ Use filler comments to gain thinking time Skill focus: Use strategies to gain extra time	▶ Understand descriptions of photos Skill focus: Recognize linking words and discourse markers	▶ Understand an article about an alternative lifestyle Skill focus: Identify topic sentences	▶ Write an account of a week away Skill focus: Organize ideas into a logical framework	▶ Understand how to show respect for other cultures
Review A		My Progress 1 p.21	My Progress 2 p.33	Extra Practice p.34	Extra Communication p.35	Group chat p.35		
3	Mind matters pp.36-46	▶ The mind ▶ Thinking, phrasal verbs	▶ Obligation, permission, necessity and prohibition ▶ Using adverbs ▶ Speculation, deduction and obligation in the past	▶ Make accept and reject suggestions Skill focus: Recognize and use intonation patterns	▶ Understand opinions and facts in a radio program Skill focus: Distinguish fact from opinion	▶ Understand the main topic of text paragraphs Skill focus: Use a range of strategies to understand new words	▶ Write a story based on a dream Skill focus: Recognize and use the features of a text genre	▶ Understand how to be more creative
4	The future is bright pp.48-58	▶ Future choices ▶ Personality adjectives (2)	▶ Future forms review ▶ Adjectives with <i>self-</i> ▶ Future progressive and future perfect	▶ Ask for opinions and respond Skill focus: Use natural sentences stress and weak sounds	▶ Understand different speakers' opinions Skill focus: Recognize different formulations of the same idea	▶ Understand an article about the cities of the future Skill focus: Use visual clues to search for specific information	▶ Write a career goals statement Skill focus: Expand a text	▶ Understand how to manage well-being
Review B		My progress 3 p.47	My Progress 4 p.59	Extra practice p.60	Extra communication p.61	Group chat p.61		
5	Fit for life pp.62-72	▶ Health and fitness ▶ Fitness, phrasal verbs	▶ Conditionals review ▶ <i>unless, even if, as long as</i> ▶ Noun formation ▶ <i>wish and if only ...</i>	▶ Ask for and give advice Skill focus: Express understanding and agreement	▶ Understand a radio program about an unknown topic Skill focus: Predict a topic from visual clues	▶ Understand an article about refugee athletes Skill focus: Understand indicators of the order of events	▶ Write a personal account of an experience Skill focus: Strategies to involve the reader	▶ Understand how to set SMART goals
6	Sustainably cool pp.74-84	▶ Clothing ▶ Textiles and patterns	▶ Passive forms: past, present and future ▶ Reporting verbs ▶ <i>have / get something done</i>	▶ Express point of view and doubt Skill focus: Disagree respectfully	▶ Understand a podcast about new innovations Skill focus: Understand key points and supporting detail	▶ Understand an article about sustainable materials Skill focus: Identify the meaning of referencing words	▶ Write a proposal Skill focus: Use logical steps to organize writing	▶ Understand the importance of speaking up
Review C		My progress 5 p.73	My Progress 6 p.85	Extra practice p.86	Extra communication p.87	Group chat p.87		

Exam Practice pp.88-93

Projects 1-2, pp.94-97

Wordlists, pp.98-100

Workbook

Unit 1 pp.2-8

Unit 2 pp.9-15

Unit 3 pp.16-22

Unit 4 pp.23-29

Unit 5 pp.30-36

Unit 6 pp.37-43